Table S1. STROBE Statement—checklist of items for observational studies (cross-sectional study).

	Item No.	Recommendation	Page No.	Relevant text from manuscript
Title and abstract	1	(*a*) Indicate the study's design with a commonly used term in the title or the abstract	1	
		(*b*) Provide in the abstract an informative and balanced summary of what was done and what was found	1	
Introduction				
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	1-2	Data concerning Moroccan residents show a rise in overweight and obesity in children [12] and adults of both sexes [13-17], which constitutes a major health problem
Objectives	3	State specific objectives, including any prespecified hypotheses	2	
Methods				
Study design	4	Present key elements of study design early in the paper	3	Cross-sectional
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	3	Section 2.1
Participants	6	*Cross-sectional study*—Give the eligibility criteria, and the sources and methods of selection of participants	3	Section 2.1
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	3-4	Sections 2.1, 2.2
Data sources/ measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	*3*	Section 2.1
Bias	9	Describe any efforts to address potential sources of bias	Not applicable	
Study size	10	Explain how the study size was arrived at	3	Section 2.1

Continued on next page

Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	3-4	
Statistical methods	12	(*a*) Describe all statistical methods, including those used to control for confounding	4	Section 2.2
		(*b*) Describe any methods used to examine subgroups and interactions	4	Section 2.2
		(*c*) Explain how missing data were addressed	No missing data	
		(*d*) *Cross-sectional study*—If applicable, describe analytical methods taking account of sampling strategy	4	Section 2.2
		(*e*) Describe any sensitivity analyses	Not applicable	
Results				
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	4-6	n=304. More information can be found in Section 2.1 of the Methods.
		(b) Give reasons for non-participation at each stage	Not applicable	
		(c) Consider use of a flow diagram		
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	4-5	Tables 2,3,4
		(b) Indicate number of participants with missing data for each variable of interest	No missing data	
Outcome data	15*	*Cross-sectional study*—Report numbers of outcome events or summary measures	6	Table 5
Main results	16	(*a*) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	4-6	
		(*b*) Report category boundaries when continuous variables were categorized	4-6	
		(*c*) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period		

Continued on next page

Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	6	Table 5
Discussion				
Key results	18	Summarise key results with reference to study objectives	6-7	
Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias	9	Limitations of this study include its cross-sectional design and the use of a convenience sample of just females. Another limitation of the study is not measuring dietary intakes of total energy and other nutrients
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	6-9	
Generalisability	21	Discuss the generalisability (external validity) of the study results	8-9	
Other information				
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	10	

*Give information separately for cases and controls in case-control studies and, if applicable, for exposed and unexposed groups in cohort and cross-sectional studies.

Note: An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at http://www.plosmedicine.org/, Annals of Internal Medicine at http://www.annals.org/, and Epidemiology at http://www.epidem.com/). Information on the STROBE Initiative is available at www.strobe-statement.org.